

It's estimated we say 300 to 1000 words to ourselves in our heads EACH MINUTE!

I shared the story of when I first discovered the power of positive self-talk. It was 2016, and I had already lost 70lbs. I was sharing a hotel room with a fellow health coach friend, and I was complaining about how hard it was to lose the last 10lbs. She suggested a few different things, and I said, "Yeah, but you know how the last 10lbs are."

And she said, "Okay."

"Okay? Wait, what?"

And she said, "Okay - if that's what you want to believe."

Talk about a cosmic 2x4!!!

Your limitations are all based on your mindset!

If you're going to Diana Nyad your way through life -

Like a Navy SEAL...

Like an Olympic athlete...

It's going to be a positive exchange.

The Navy taught and used positive self-talk to Navy SEAL candidates to up their graduation rate from just 25% to 33%.

It's a struggle at times being positive--but it's absolutely essential.

You won't solve the world's problems or even your own necessarily...

HOWEVER - there's no solution if you're not looking for it!

And you can't look for it if you're negative.

Speaking of Navy SEALs, the SEALs themselves credit physical fitness and strength with their confidence to be able to problem solve!

As Navy SEAL Mike Kenny says, *"Preparedness isn't just about conditioning and hardening your body - there's a mental aspect. Physically, you know you'll be prepared. You and your mind say, 'I am ready for this. I know I can do it, I'm adequately conditioned.' "*

So how do we do this?

1. Focus on the GOOD - where your attention goes, your FOCUS goes. This is how you retrain your brain.
2. Use your journal! Journaling isn't so you can be a prolific writer. The goal of journaling is to help you untangle all those thoughts and emotions, allow them to bubble up, and bring on growth and clarity.
3. Have a gratitude practice. You cannot have any kind of gratitude whatsoever if you're angry, bitter, or coming from a place of scarcity. Period.
4. Be AWARE of the shifts--the shifts are where the change is and will help you become aware of the words you're using.
5. Positive people, please! Don't give negative people a place in your life.
6. Suss out your negativity - have no tolerance for it! Look in the mirror and tell yourself, "I am smart. I can do this."
7. Start your day positively. Your gratitude practice helps with this.